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{Photo of the day, page 06}

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Occupy. Arrested

Deborah VonBerg, above, didn't want to be among 15 people arrested by city police Sunday afternoon, but the Occupy Philly member did want to make a point. "The only way to make your voice heard is to cause a little bit of commotion." {page 02}

Coming soon: Day music died at Tritone

- South Street dive, garage band incubator to become neighborhood bar
- New owners likely in 2012 {page 04}

Sports

Why you should care about the Sixers again

- New owners have revived a dying franchise already {page 23}

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City finally looks to downsize hated BPT

Lawmakers introduced a localized version of the American Jobs Act yesterday when two bills received initial approval to help make Philadelphia's business environment more attractive.

Proposed legislation would begin decreasing the widely despised business-privilege tax, which currently requires every business from freelancers to law firms to pay for the "privilege" of operating in the city.

"If the country can't get its act together in Congress, it's up to us to do it here," said Councilman Jim Kenney, who sponsored a bill that will waive startup costs and taxes for two years for businesses that hire a certain number of Philadelphians. "The toughest part of starting a business is the first two or three years."

RIKARD LARMA/METRO

▶ Nutter

Mayor Michael Nutter was enthusiastic about the bills yesterday and held a press conference to show his support. The city Chamber of Commerce also supported the effort to shrink the BPT from 6.45 percent to 6 percent by 2023.

ALEX WIGGLESWORTH

Arrested to have their 'voice heard'

Released at 2 a.m., they were acting on prior police conflicts, national anti-brutality day ◐ Wanted to avoid arrest ◐ Jail food not vegan-friendly

Occupy Philly activist Deborah VonBerg, 24, was 10 years old when she had her first encounter with police.

"I went to the Sex Crimes Unit at the Philadelphia arsenal and told police I had been sexually abused for two years," she said. "They listened for two minutes and told me to go home and forget about it."

She found herself confronted again Sunday when she was one of the 15 arrested outside police headquarters for protesting mistreatment in solidarity with the national October 22nd Coalition to Stop Police Brutality, Repression and the Criminalization of a Generation.

"I just want an apology," VonBerg said. "I don't think they recognize how a few words would help. I was still asking for an apology when I was inside the jail cell and I am still asking for an apology now."

Nine years after VonBerg made her claims, then-Police Commissioner John F. Timoney ordered a reinvestigation of past sexual assault cases and found that thousands had been ignored or wrongly classified.

VonBerg, who was jailed for about 12 hours, said that she did not go with the intention of being arrested. "But when they started threatening us with arrest, we didn't want to back down," she said.

RIKARD LARMA/METRO

▶ VonBerg was back at her Occupy Philly home by early yesterday, after 12 hours in city lockup.

"Sometimes the only way to make your voice heard is to cause a little bit of commotion."
VONBERG

ALEX WIGGLESWORTH
awigglesworth@metro.us

No vegan fare in lockup

Those arrested around noon said the cells where they were held inside the Roundhouse were freezing and lacked padding and the only food served was cheese sandwiches.

They saw a judge at 1 a.m. and were released on their own recognizance around 2 a.m. All are charged with obstructing a highway.

▶ Weston

Hearing set for dungeon suspects

CENTER CITY. A preliminary hearing for the three suspects accused of kidnapping mentally-disabled adults and chaining them to a basement boiler in order to cash their Social Security checks was set yesterday for Dec. 19.

Linda Ann Weston, Eddie Wright and Gregory Thomas did not appear in court.

METRO/AW

More training wheels for teens

HARRISBURG. Gov. Tom Corbett will sign "Lacey's Law" today, a bill that will increase teen driver training.

The legislation is named after an 18-year-old woman who died in a car crash in 2007. It will mandate increasing practice hours for permit drivers from 50 to 65, with 10 of those hours driven at night and in bad weather. METRO

In the news

Harrisburg's state property

Ineptitude on the part of Harrisburg's local leaders led to a state takeover of the distressed city yesterday. The move is a result of the city Council's inability to agree on a recovery plan. The state will develop a plan to provide police, firefighting and trash collection.

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By the numbers

Here is a look at the Philadelphia region's housing market in a new report released yesterday by Prudential Fox & Roach.

9,301

Homes sold in the first quarter of 2011, as compared to 10,381 homes sold in the first quarter of 2010 and the 9,162 homes in the first quarter of 2009.

101

Average days a home was on the market through September 2011, an increase from 85 days through September 2010 and 88 days through September 2009.

0.9%

Decrease in median sales price, to $325,000, for Center City homes through Sept. 2011, compared to $328,000 through the first nine months of 2010.

6.5%

Decrease in median sales price for Bucks County homes, the largest of any Philly area counties.

Fat lady expected to sing next year for the Tritone

South Street institution changing ownership next year Prospective owner looks beyond music venue

Tritone is in the process of being sold and will likely close its doors as a music venue early next year, but the couple looking to purchase it said they plan to preserve some entertainment in what will become a neighborhood bar.

The current owner is in negotiations to sell the bar to Chris and Heather Fetfatzes, owners of nearby Hawthorne's Cafe, but the sale has not been finalized. The bar will continue hosting its nightly shows at least through January, those with knowledge of the negotiations said.

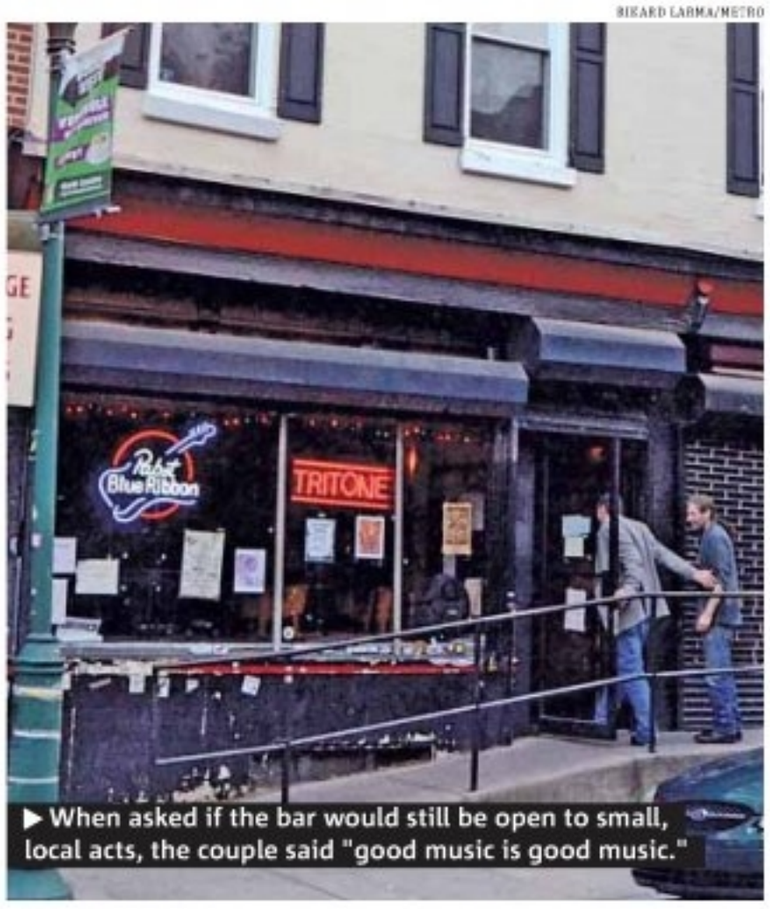
"[Live music] is not going to be available all the time. We're going to keep it there, but our focus is going to be a neighborhood bar," said Chris Fetfatzes, adding that he and his wife plan to enhance the food and add outdoor dining.

Sara Sherr, who has hosted Sugar Town at Tritone since 2007, noted that the bar is the last of a dying breed.

"Tritone is one of the last remaining music venues in Center City," Sherr said. "It was so easy to perform and artist-friendly that all kinds of music and artists got a shot there."

SOLOMON D. LEACH
sleach@metro.us

RIKARD LARMA/METRO



▶ When asked if the bar would still be open to small, local acts, the couple said "good music is good music."

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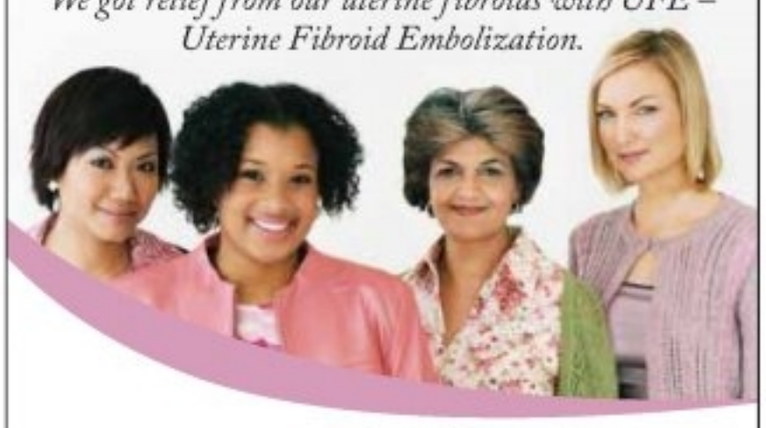

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News in brief

Bill Clinton to visit Temple

NORTH PHILADELPHIA. In what one could say is the ultimate political favor, former President Bill Clinton will come to Temple University this weekend to publicly endorse the man who backed his wife during Hillary's 2007 run for the Democratic presidential nomination.

Mayor Michael Nutter doesn't exactly need Clinton's boost to Nutter's campaign for a second term — a win by Republican opponent Karen Brown Nov. 8 would be one of the biggest upsets in modern history — but he'll get it 2:30 p.m. Saturday at Mitten Hall.

"It's an effort to stress just how important a local election can be and why people should come out on Nov. 8," said Temple College Democrat President David Lopez.

METRO/YD

Expo returns to Philly

CENTER CITY. The Philly Bike Expo will be held this weekend and includes seminars ranging from "Yoga for Cyclists" to "Eating on Two Wheels."

The expo, inside the 23rd Street Armory on Saturday and Sunday, will also include a bike swap, fashion show and several bike rides. Tickets are available at www.phillybikeexpo.com. METRO/YD

Celebrating National Food Day with McRibs

What better way to be ironic? McDonald's seductive pork sandwich that actually lacks any ribs returns same day as healthy food promotion

Fast food's version of a cult classic, the McRib sandwich, is back in Philadelphia at city McDonald's this week and should be here until Nov. 20 — that is, if people with a fix for pork patties don't buy more than they make.

Ironically, it returned on the afternoon of National Food Day, an annual promotion of goals like reducing diet-related disease by promoting safe, healthy foods and supporting sustainable farms and limit subsidies to big agribusiness.

At the McDonald's on the corner of Broad and Arch streets, the McRib on its first day had yet to have adequate advertising, but some of the fanatics already came in, manager Edward Hall said.

"We plan on selling around 500 to 600 a week, and one person came in today and bought 12," Hall said. "When it gets [advertised] on TV, we plan on selling a lot more."

RIKARD LARMA/METRO

▶ Metro taste-tested this very sandwich. Two words: not awful.

The pork sandwich with pickles, onions, and large dabs of barbecue sauce, has had on-and-off availability since its introduction around 30 years ago in what is largely believed to be cunning advertising on the part of the burger conglomerate.

"McRib fans are incredibly passionate about the McRib," said John Durante, president of Phil-Ad-Mac Owner/Operator Association in a press release. "And what better way to honor this devotion than by bringing it back to the Greater Philadelphia Region for those who love it most."

YOTAM DROR
letters@metro.us

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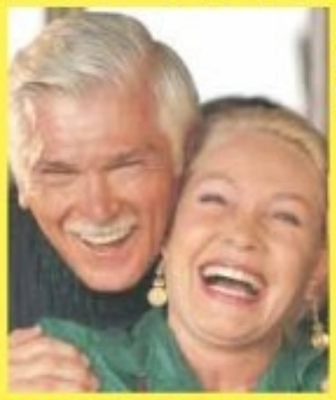

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Lifeline thrown to homeowners in over their heads

U.S. homeowners who owe more than their properties are worth got new help yesterday when a U.S. regulator expanded a government program in a step that could help up to 1 million borrowers.

The Federal Housing Finance Agency, which oversees mortgage finance giants Fannie Mae and Freddie Mac, eased the terms of a refinancing program that helps so-called underwater borrowers who have been on time with payments but are unable to refinance.

The overhaul, which would only help a fraction of the 11 million underwater borrowers, is the latest effort to deal with a problem at the center of the economy's weak recovery — the crippled housing market. Officials have been frustrated that numerous efforts to bolster the market had little success.

"Such modifications are no panacea, but they would move us in the right direction for housing-related stimulus for the economy."
JANAKI RAO, VP FOR MORTGAGE RESEARCH AT MORGAN STANLEY

FHFA said it was scrapping a cap that prohibited borrowers whose mortgages exceeded 125 percent of their property's value from participating in the Home Affordable Refinance Program for loans backed by Fannie Mae and Freddie Mac.

It also took steps to encourage more banks to participate and coax homeowners into shifting into shorter-term loans.

The Obama administration sees lowering mortgage payments as a way to free up cash for other spending that could help support the economy's tepid recovery, and FHFA said it wanted to focus on loans made between 2004-2008, when borrowers typically locked into rates above 5 percent. Currently, 30-year fixed mortgage rates are hovering just above 4 percent. **REUTERS**

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▶ "Red Cloud" is by Carla Henriques.

Photo Challenge picture of the day

Congratulations to Carla Henriques from Portugal, winner of Friday's Photo of the Day theme of "colors of my city." Today's theme is "fashion." To enter your photos on today's theme, visit www.metrophotochallenge.com.

Netflix feels the sting of defections

Netflix lost more customers than it anticipated in the third quarter and warned of still more defections to come — pushing its shares down almost 20 percent as the one-time Wall Street star grapples with the fallout from a price hike and other unpopular moves.

Netflix said it had lost more than 800,000 U.S. subscribers in the third quarter, more than the about 600,000 it had forecast in September. Total U.S. subscribers stood at 23.8 million. **REUTERS**

Digging for earthquake survivors

Rescuers searched the rubble of collapsed buildings yesterday for survivors and victims of a major earthquake that killed at least 279 people and injured more than 1,300 in mainly Kurdish southeast Turkey.

Rescue and relief efforts focused on the city of Van and the town of Ercis, but hundreds were also feared dead in remote villages of mud-brick houses after Sunday's 7.2 magnitude quake, Turkey's strongest in a decade.

Desperate survivors cried for help beneath heaps of smashed concrete and twisted metal, some using mobile phones to tell friends they were alive, as earth-moving machines and troops raced against time.

Thousands of people made homeless by the quake were forced to spend a second night outdoors, enduring near-freezing temperatures. REUTERS

1,000

Almost 1,000 buildings collapsed, according to the U.N. disaster agency.

40K **A Red Crescent spokesman said the agency was preparing to provide refuge for as many as 40,000 people.**

MUSTAFA OZER/AFP/GETTY IMAGES

▶ Turkish rescue workers scramble through the rubble in a search for survivors yesterday, one day after the 7.2 magnitude earthquake struck in the Ercis province of Van. Overnight, families huddled round open fires in near-zero temperatures while some stayed in tents put up on soccer pitches.

Gaddafi on display: Democracy at work?

MISRATA, LIBYA. A day after Libyans declared a "liberation" that consigned Muammar Gaddafi to the "garbage bin of history," hundreds again filed past his rotting corpse in a grim display that has raised questions about the nation's new direction.

While their Western allies were expressing quiet unease, rebel factions were still wrangling over the body and power. In Misrata yesterday, fighters handing out surgical masks against the stench were still ushering hundreds of sightseers into the chill room where the bodies of Gaddafi, his son Mo'tassim and his former army chief lay on the floor, their flesh darkening and leaking fluids. REUTERS

On the run

Gaddafi's son and heir apparent Saif al-Islam is still at large.

WikiLeaks blockaded

LONDON. WikiLeaks will have to stop publishing secret cables and devote itself to fundraising if it is unable to end a financial "blockade" by U.S. firms such as Visa and MasterCard by the end of the year, founder Julian Assange said yesterday.

Visa and MasterCard stopped processing donations for WikiLeaks in December 2010 after the United States criticized the organization's release of sensitive diplomatic cables. REUTERS

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THE WORD

Metro's **Dorothy Robinson** shares her take on the world of gossip @dorothyatmetro dorothy.robinson@metro.us

The feed ...

Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Zooey Deschanel is happy with her purchases, Alec Baldwin has a case of Brad Pitt envy, Rob Lowe is globe-hopping, and Jeffrey Ross is having second thoughts.

▶ **@ZooeyDeschanel** to the person who invented online shopping: THANK YOU.

▶ **@AlecBaldwin** I wanna be Brad for a day. No. A week. No. Make that a decade.

▶ **@RobLowe** Taking off for a mad dash to Qatar on Miramax business.

▶ **@realjeffreyross** Starting to regret naming my dog Moammar.

Deschanel

Talking points

Ellen and Portia won't be doing babies

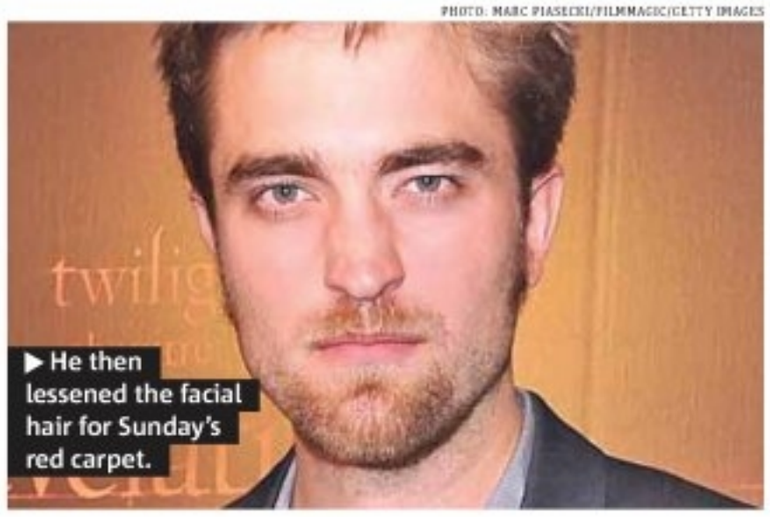
Ellen DeGeneres and **Portia de Rossi** won't be starting a family anytime soon, the talk-show host says in her new book, "Seriously ... I'm Kidding." "People are constantly asking Portia and me if we are going to have children. We thought about it. We love to be around children after they've been fed and bathed. But we ultimately decided that we don't want children of our own. There is far too much glass in our house," DeGeneres jokes, before going on to explain the the couple have a veritable menagerie of pets at their L.A. home and on their farm.

Madonna's homeless bro

Madonna's second oldest brother, **Anthony Ciccone**, is homeless and living under a bridge in Traverse City, Mich., he tells local news site The Michigan Messenger. "My family turned their back on me, basically, when I was having a hard time," the 55-year-old says. "You think I haven't answered this kind of question a bazillion times — why my sister is a multi-bazillionaire and I'm homeless on the street? Never say never. This could happen to anybody." Ciccone says his troubles started when he lost his job at his father's Suttons Bay winery more than a year ago.

▶ Pattinson, with his unfortunate beard, arrived at Charles-de- Gaulle Airport on Saturday.

PHOTO: MARC PIASECKI/FILMMAGIC/GETTY IMAGES



▶ He then lessened the facial hair for Sunday's red carpet.

Pattinson rocks a goatee in Paris

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DOROTHY ROBINSON'S WORD BLOG

Quit playing games with my heart, **Robert Pattinson**'s facial hair.

These photos of the star sporting various beards and goatees over the weekend are the photographic equivalent of putting ketchup on a fine cut of filet mignon: Why ruin such perfection?

On Saturday, the star was snapped with a full beard and, might I say, horrific sunglasses (was he going for the "chubby John Lennon" look?) at the Roissy Charles de Gaulle Airport in Paris, where he met up with "Twilight" co-star **Ashley Greene**. The two are in town to do promotion for the latest tween blood-sucking installment of "The Twilight Saga: Breaking Dawn — Part 1."

Luckily, on Sunday night he cleaned up for the red carpet for the film's Paris premiere by shaving his beard down to a goatee (he also donned a sleek Dolce and Gabbana suit, which helped). That goatee, we ladies can live with. But if you go full-on **Brad Pitt**/**Mark Twain** goatee, we're going to have to talk, Robert.

▶ Do not let this happen to you, Robert.

FRESH AIR FUND/WIREIMAGE

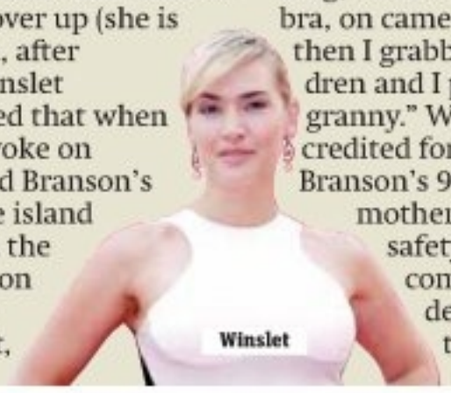
Hello. Babies

Monroe and Moroccan

These photos of Monroe and Moroccan Cannon were taken during the past six months and are part of Mariah Carey and Nick Cannon's personal photo collection. Get ready to see a lot more of these babies, America. They are a pretty adorable accessory.

Winslet: First bra, then granny

For **Kate Winslet**, first goes the bra, then goes the old people. It seems that in an emergency, the actress' first instinct is to cover up (she is British, after all).Winslet revealed that when she awoke on Richard Branson's private island to find the house on fire in August, she thought, "'Now what do I do?' So I ran into the bedroom and put on a bra," she says in an interview with talk-show host Graham Norton. "In disastrous moments like that, you do the strangest things. I started to put on a bra and thought, 'No, that's going to take me too long,' so off came the bra, on came the T-shirt, then I grabbed the children and I picked up granny." Winslet is credited for carrying Branson's 90-year-old mother, Eve, to safety as the compound was destroyed by the blaze.



Winslet

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myentertainment

A weekend of top-notch celebrity sightings (plus Snooki)

1: Nicole "Snooki" Polizzi arrived at the Freehold Raceway Mall on Saturday in Freehold, N.J.

2: Rachel Zoe and Iman attended the Rodeo Drive Walk of Style Award event honoring Iman and Missoni on Sunday in Beverly Hills, Calif.

3: Conan O'Brien posed for photos on the red carpet during the 14th annual Mark Twain Prize for American Humor, which honored Will Ferrell at the John F. Kennedy Center for the Performing Arts on Sunday in Washington, DC.

4: Freida Pinto was sighted leaving Vue West End Cinema on Saturday in London.

5: Pitbull performed at American Airlines Arena on Saturday in Miami, Fla.

6: Madonna attended the premiere for her new film "W.E." during the 55th BFI London Film Festival on Sunday in London.

1: DAVE KOTINSKY/GETTY IMAGES
2: DAVID LIVINGSTON/GETTY IMAGES
3: KRIS CONNOR/GETTY IMAGES
4: SYLVIA LINARES/FILMMAGIC
5: LARRY MARANO/GETTY IMAGES
6: GARETH CATTERMOLE/GETTY IMAGES FOR THE BFI

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myentertainment

The evolution of a new role

For Janis Dardaris, it's all about where her character ends up The actress on why she's playing a biologist

SETH ROSIN

▶ Janis Dardaris, left, and Victoria Frings star in InterAct Theatre Company's "The How and the Why."

If her approach to reading scripts is any indication, Janis Dardaris is the type who starts a mystery novel by skipping to the last page. She decided on her Barrymore Award-winning role in the Wilma Theater's "Scorched" as soon as she read the character's final monologue. And when she picked up the script for Sarah Treem's "The How and the Why," Dardaris says, "The last line of the play got me. It ended on a very human level."

Presumably having gone back and read the remainder of the play, Dardaris stars in InterAct Theatre Company's Philly premiere of the play as a leading evolutionary biologist who faces off with an up-and-comer in the field, played by Victoria Frings. More importantly, both have to struggle against the male domination of academic science. Dardaris' character touts a theory that women have been more evolutionarily important to the species than men.

"There's this whole patriarchal idea that women came from the rib of Adam," Dardaris says. "Women are often thought of as secondary creatures, even in this post-feminist time. I think that this could make people rethink that. It would be great if people leave and they start talking."

If you go

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mybooks

Claim one for yourself

The latest in the young adult series 'Beautiful Creatures' takes you into a magical world of mystique

Now that Harry Potter is no more, authors everywhere are trying to out-charm one another with their own brand of literary magic to fill that mystical, money-making void. Amidst the chaos are best friends and co-authors Kami Garcia and Margaret Stohl, whose own young adult saga, "Beautiful Creatures," is battling its way to the top. The series, in the fictional southern town of Gatlin during the Civil War era, is an epic tale chronicling the forbidden love between Ethan and Lena, which suffers from Ethan's "curse."

In their third installment, "Beautiful Chaos," out now, Garcia and Stohl bring more dark powers and twisty plot lines to the books. In fact, the whole series has been a thrilling tale filled with danger and drama — yet at the same time, it's beautifully poetic (they use a great deal of classic poems and literary quotes). This is due to the authors' immense love and appreciation for classic literature.

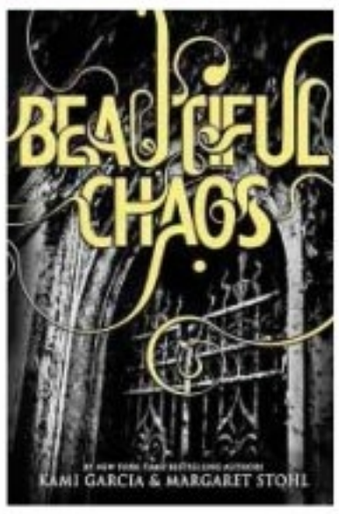
"We love all the great classics and the poems; and when we are writing, it feels natural to add them into our story," Garcia explains. "They have been a great influence."

A healthy dose of classic literature is not the only motif dominant in the "Beautiful Creatures" series. The themes of rejection and acceptance are constantly explored, examined and elaborated.

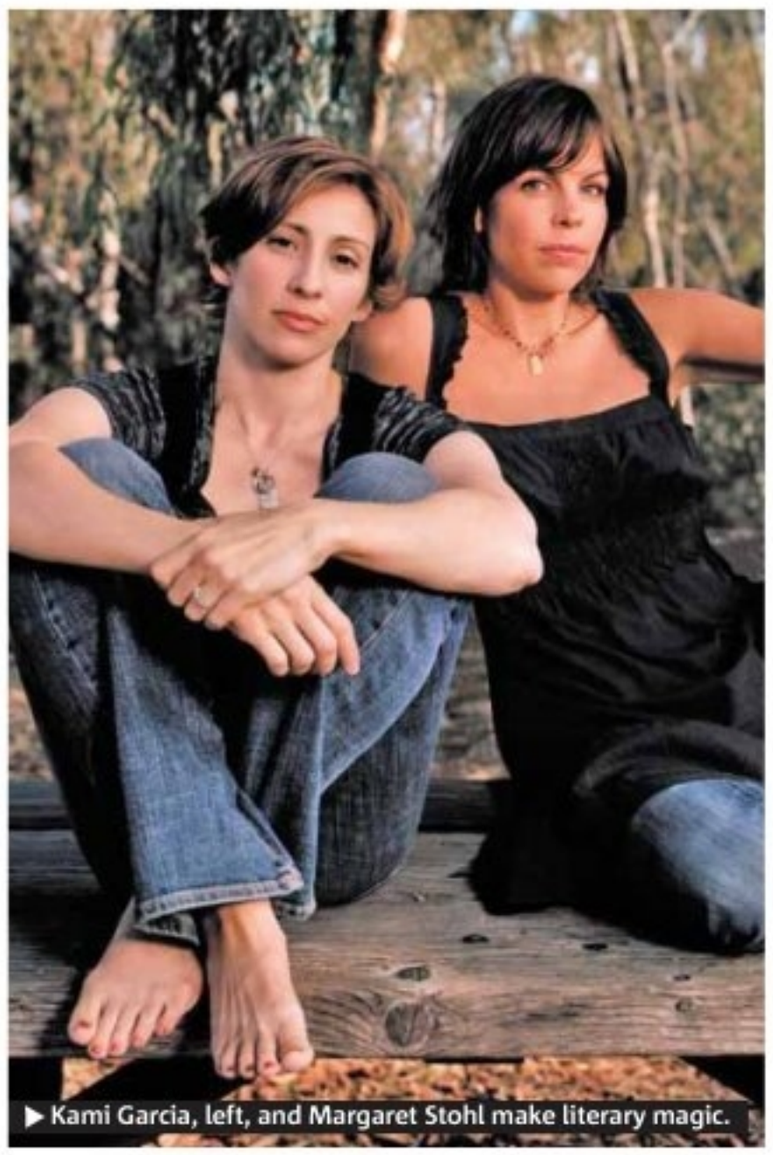
"Adults still feel like teenagers trying to fit in, and the pressure is even greater for the teenagers. They are afraid of being rejected and are always trying to find a place in their own lives," Stohl says.

"So we want to send them a message to 'claim yourself' and just be the person you really are," Garcia adds.

The plot



In "Beautiful Chaos," Ethan Lawson Wate and Lena Duchannes come back to Gatlin after their last adventure to the magical world, where Lena changed the universe when she claimed herself to be both a Light and Dark Caster (in mortal words: she has become a both good and evil magician).



▶ Kami Garcia, left, and Margaret Stohl make literary magic.

Quoted

"The stakes are higher now, both for the characters and the universe as a whole. Throughout the book, readers will see this sense of urgency as the people of Gatlin now have to deal with the aftermath of what has happened previously."

STOHL

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Make it way up this Halloween

- Want to be these divas?
- You'll need some pro tips
- We checked in with MAC senior artist Jane McKay

Costume: Smurfette

Signature feature: Blue skin
Our girl Smurfette requires a lot of blue, so McKay recommends staying away from the cheap, oily makeups at the Halloween megastores and using a professional product that won't break down halfway through your first Reese Cup (MAC carries a super-blue paint stick in cyan). Then, set it with an invisible powder applied with the biggest brush in your arsenal.

Finish the look: A truly successful Smurfette happens in the eyes. While it's going to take a little practice to paint on those big ol' whites, McKay points out that her signature lashes are fairly simple. Buy the longest false lashes on the market, separate into three chunks and apply to your eye's outer corner.

Costume: 'Pan Am' stewardess

Signature feature: 1960s corals
"In the '60s we had these lavenders and greens and blues and corals," explains McKay of the era's color palette. "When you look at these "Pan Am" blue uniforms, the '60s coral really plays off of it." The lips are a nice place to start: Try something like MAC's Soft Shell lipcreme topped with a little gloss applied only in the center of the lip to catch the light.

Finish the look: For star Christina Ricci's eyes, you'll want a modest-length false eyelash along with black liner and a gold shadow. "It's a beautiful, corporate evening look," says McKay.

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Costume: Nicki Minaj

Signature feature: Hot-pink lips
"Everyone looks fantastic in pink, and she for-sure knows that," says McKay. "What Nicki does is she likes to use a hot, light pink lipstick framed with a lip pencil, topped with pink lip glass."

Finish the look: You're not done with the color wheel yet. Pop a bright shade on the eye (such as an electric green or even a white) and go for a brighter pink blush than you'd usually wear.

MONICA WEYMOUTH
monica.weymouth@metro.us

TV watch list

BAY MICKSHAW / FOX

▶ Drew Ryniewicz finds out if she's one of the Top 12 on the first live episode of "The X Factor" tonight.

'The X Factor'

REALITY. With house arrest — er, um, mentoring at the judges' houses — complete, it's time to announce the Top 12 contestants in the series' first live episode tonight. Finalists will comprise of three singers from each of the four categories: boys, girls, over-30s and groups.
8 p.m., Fox

'Last Man Standing'

COMEDY. What's Halloween without Elvira popping up on TV somewhere? Looks like Tim Allen's new sitcom won this year's Mistress of the Dark guest spot lottery.
8 p.m., ABC

'Body of Proof'

DRAMA. "American Idol" alum Crystal Bowersox makes her acting debut as a prison inmate suspected of murder. Was the weapon that killer voice?
10 p.m., ABC

'Flip Men'

REALITY. One man's foreclosure is Dough Clark and Mike Baird's treasure in this new house-flipping series.
Series premiere, 10:30 p.m., Spike AMBER RAY

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myhealth guide

▶ "If your wife is feeling lonely and bereft, she needs comfort from the one she loves," says Silver.

THINKSTOCK IMAGES

Supporting a breast cancer patient

Marc Silver, author of 'Breast Cancer Husband,' on sharing the news with family, adjusting to the changes and the best ways to provide comfort

How do I deal with the news?
Your wife needs husbandly support. The worse thing you can do is go into denial. It may be a human reaction, but it's a selfish one. None of us want to become caregivers — but if your wife is feeling lonely and bereft, and she needs comfort from the one she loves.

How do we tell the kids?
If there is the slightest bit of uncertainty, wait to be sure before you break the news. Lay out the facts to them but place more emphasis on the good prognosis. Kids can tell if you're lying, so be honest with them. Update them on the situation each week.

What do I do when she goes bald?
A man doesn't expect his wife to have a shiny scalp. Many women find it harder to lose their hair to chemo than breasts to surgery. A bald head is an instant cancer giveaway, the size of her cleavage isn't. Your wife should be OK to walk around the house without her wig. If you're a "Star Trek" fan, tell her you now love her even more bald.

Are there restrictions on intimacy?
"Can we have sex during chemo?" That's an awkward question to ask an oncologist. It's possible to maintain intimacy during chemo. The loss of physical touch is huge, and if you pull back she'll think you no longer find her attractive. There are other ways to connect intimately other than sex. You can cuddle, hug or give her a massage.

One more tip

"Stop talking and listen to your wife saying how much cancer sucks," says Silver.

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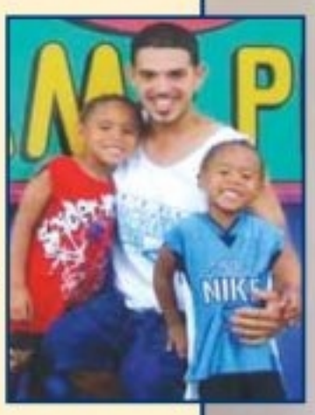

When I topped 275 lbs, the slightest activity left me out-of-breath and out of energy. My weight had begun to interfere with the one most important thing in my life – keeping up with my boys! It was then that I decided that breaking the "family chain" of obesity had to begin with me.

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myhealth guide

More breast cancer diagnosed in diabetic women

A new study finds a link, but there are a number of factors at work ◐ What precautions women should take

The takeaway

- **"Women with diabetes** need to be more vigilant and their doctors need to be screening them for malignancies associated with diabetes including, but not limited to breast cancer," says Dr. Christos Mantzoros, an hormone expert from Harvard Medical School in Boston.
- **Johnson said the main** message for women is still to cut out behaviors such as smoking that increase disease risks, and to get breast cancer screening as recommended.

Women with recently diagnosed diabetes may be more likely to also get a breast cancer diagnosis than those without diabetes, suggests a new study from Canada.

It's not the first time diabetes has been linked to new cases of breast or other cancers.

But the findings also hint that at least part of the reason why doctors find more breast cancer in diabetics is because they're looking harder — and not necessarily because diabetes itself raises a woman's cancer risk.

"The relationship that we see (between diabetes and cancer), we wondered if it was something about the fact that people with diabetes go to the doctor's office more often," said Jeffrey Johnson, from the University of Alberta in Edmonton, who worked on the study.

Quoted

"We're really early on in understanding this relationship."
JOHNSON

"When a new diagnosis of diabetes is made, people undergo a lot of tests and general health exams." That may include breast cancer screening with mammograms, he added.

Johnson and his colleagues consulted a database including about 170,000 women in British Columbia — half with a recent type 2 diabetes diagnosis and half without diabetes — and tracked them for the following four to five years. During that time, about 2,400 women, or 1.4 percent, were diagnosed with breast cancer.

Women in both groups had a similar chance of getting breast cancer.

However, when the researchers broke them down by age and focused on the time shortly after the diabetes diagnosis, they found that older, postmenopausal women with diabetes were slightly more likely to be diagnosed with breast cancer than diabetes-free women.

Johnson said the finding doesn't rule out other explanations, such as common risk factors for diabetes and cancer or a hormone-driven increase in tumor growth.
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National Children's Study Welcomes 100th Baby in Montgomery County!

THE NATIONAL CHILDREN'S STUDY

HEALTH GROWTH ENVIRONMENT

Moses Montero is only six months old. But he's already making a difference in the world.

Moses is the 100th baby in Montgomery County to be part of the National Children's Study (NCS), the largest study of children's health ever conducted in the United States. The NCS will follow Moses and about 100,000 other children from across the country until they are 21 years old, monitoring their physical surroundings, diet and biological factors and tracking how those factors impact each child's health, development and well-being.

Families living in Montgomery and Schuylkill counties — and, in the future, Philadelphia, New Castle, Del., and Burlington, N.J., counties — have the opportunity to participate in the study, which is funded by the National Institutes of Health and the Environmental Protection Agency.

The Children's Hospital of Philadelphia has been involved with the NCS since the beginning as one of the first seven vanguard institutions responsible for recruiting families, gathering data and tracking children. Only 157 locations in the entire country will be part of the study, and five are in the tristate area.

"The health of our children is not good, and it's getting worse," says Jennifer Culhane, Ph.D., M.P.H., principal investigator of Children's Hospital's NCS study center. "Life expectancy is dropping for the first time. That's astonishing! Families who participate in the National Children's Study will be able to say they helped us figure out why, and that will benefit future generations."

What's Involved?

For women who are pregnant or planning to have a baby and who live in the designated areas within the participating counties, a CHOP study team will interview you several times — both over the phone and in person — to obtain your medical history.

A team will come to your home and take environmental samples (air, dirt, water) and see what chemicals are in the home. The team will also take blood and urine samples.

When you deliver the baby, a member of the study team will be at the birth hospital to collect the baby's cord blood and the placenta. They will be used initially to study birth outcomes (helping to determine why some babies are born early or with low birth weight) and also kept for future studies.

"The best thing about being involved in the National Children's Study is how convenient the team made it," says Moses' mother, Lori Montero. "Someone comes to your house, working around your schedule. You can opt out of pieces of the study that you don't want to participate in and still remain in the study."

As the child grows, the study team will continue to track the child's development, illnesses and overall health. Adolescence is another phase of closer monitoring. Some conditions don't surface until later, which is why the family will participate for 21 years or more. There's no cost to participants, and all information is kept strictly confidential.

What Happens to the Information?

All the information collected from all the participants all over the country flows into huge data centers where it will be crunched and analyzed. Researchers will look for trends.

Do mothers with a certain type of diet or who were exposed to a certain chemical have babies with lower birth weight or specific health problems? Did children who are diagnosed on the autism spectrum share particular environmental conditions as infants? As the cohort, or group of participants, grows up, the possibilities for useful information are vast — and exciting to researchers like Culhane.

"We don't know if we're poisoning our children by the food we feed them or the chemicals in the air," she says. "This study has huge potential to help us understand pediatric illnesses and diseases. Once we understand them, and what triggers them, we can work to prevent them. Isn't that what we want for our children?"

For Lori and her family, the answer is a resounding 'yes.' "This is an opportunity for Moses to 'pay it forward,'" she says, "to help another child in the future."

To learn more about the National Children's Study, go to **www.chop.edu/ncs** or call **1-877-627-2345**.

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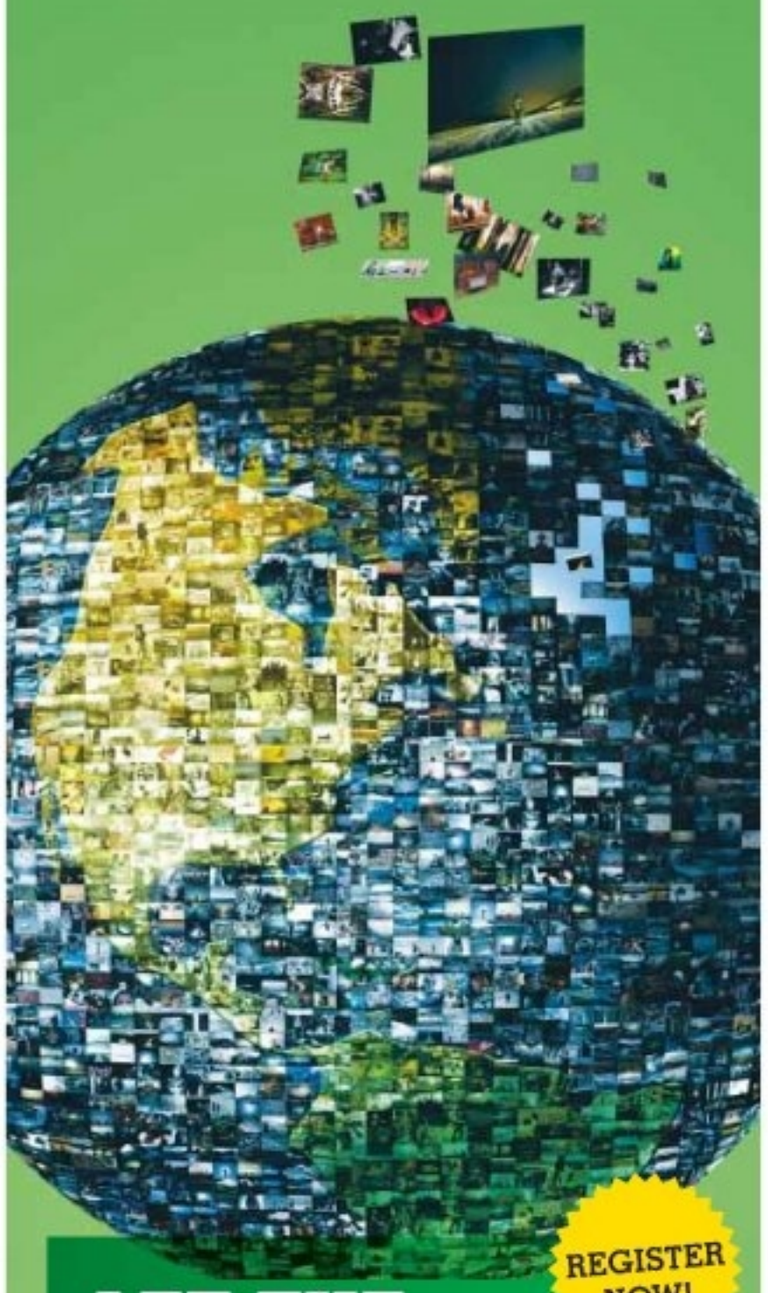
The photos in picture are from previous editions of Photo Challenge.



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seasonal getaway

Fall into the season at Cooperstown, NY

From apple picking to ghost touring to fine dining, this town is perfect for a quick, autumnal getaway It's not just for baseball fans anymore

▶ No trip to Cooperstown is complete without a stroll through the Baseball Hall of Fame.

Now is the perfect time for a getaway to Cooperstown, N.Y. This picturesque little town is famous for the Baseball Hall of Fame, but there is much more to it for those who seek an autumn escape from urban living.

CASSANDRA GARRISON
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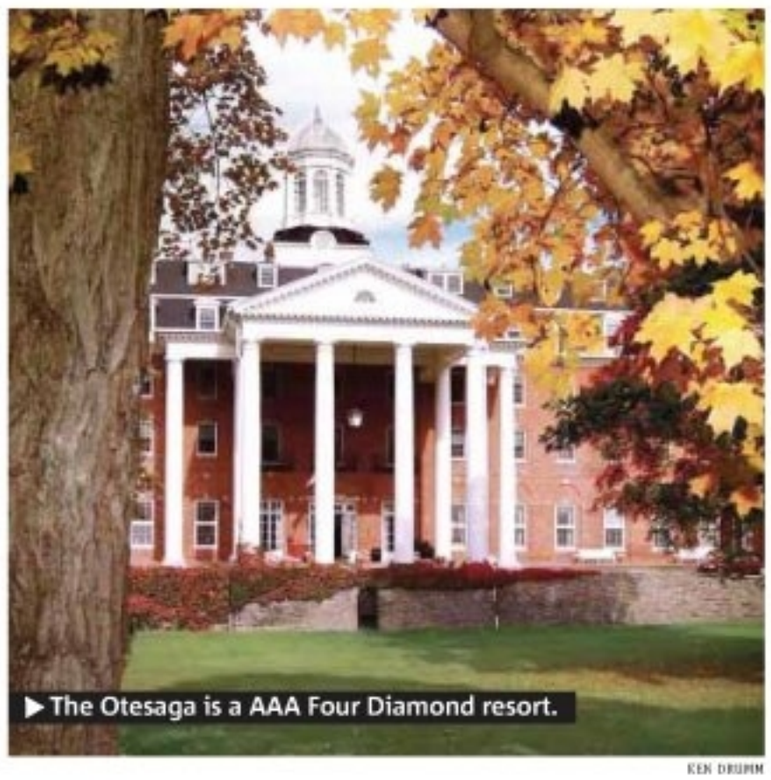

▶ The Otesaga is a AAA Four Diamond resort.

KEN DRUMM

Pamper yourself

Check in at the Otesaga resort and let the relaxation begin. This historic hotel was built in 1909 and offers fine dining, grand ballrooms, a lounge, an 18-hole golf course, a heated pool and a terrace overlooking Lake Otsego. The hotel was once used as a school for girls and is said to be haunted with the pitter-patter of little feet and the laughter of children. "Ghost Hunters" once paid a visit to the resort and deemed the third and fifth floors to have the most supernatural presence. Don't worry though — they're said to be friendly spirits.
www.otesaga.com

Drink like a Belgian

Spend the afternoon tasting Belgian beers at Brewery Ommegang. Sample a range of ales from the light and crisp Witte to the dark and spicy Abbey. See how the beer is made on a tour or snack on moules and frites in the newly built Cafe Ommegang.
www.ommegang.com

In the area

Get spooked

Head to the Farmer's Museum after dark for their Things That Go Bump in the Night ghost tour and let your imagination run wild. You can also take a walking candlelight ghost tour through Cooperstown and hear the eerie history of the town's oldest homes. Brave tour-goers will walk through the Christ Episcopal Church Graveyard. Make sure you look up into the trees — you never know what you might see.
www.cooperstownghost.com, www.farmersmuseum.org

Eat like an aristocrat

Eat in Otesaga's main dining room for a formal five-course experience with dishes like New Zealand rack of lamb or veal Osso Bucco. Or head down to the Hawkeye Bar & Grill for Seafood Fra Diavlo or a casual burger and fries. Enjoy live music and dancing into the late night hours at Templeton Lounge.

CASSANDRA GARRISON/METRO

▶ Load up on apples, raspberries and pumpkins for a price you'd never see in a city grocery store.

Taste the season

Really get into the season with an apple-picking trip to Middlefield Orchard. Let your inner child run wild through the rows as you fill your bag with dozens of varieties of apples or hunt for pumpkins. Don't leave without sampling the homemade jams.
www.middlefieldorchard.com

family vacations

6 Tips to save time at Walt Disney World

A lot has changed at Walt Disney World — celebrating its 40th anniversary this month — but what hasn't is its popularity. And battling the crowds can lead to exhaustion.

Master fastpass: Fastpass essentially holds your spot in line while you see other attractions. Take park tickets to kiosks usually located next to the ride's entrance and get a free pass to return later when the line is shorter.

Enjoy extra magic hours: Extra Magic Hours are available to guests of Disney-owned hotels. Each day, parks open an hour early or stay open three hours later.

Visit off-season: Parks are far more crowded during summers and holidays when school isn't in session. See more and stress less by coming in January, May or September.

Stay on-site: Staying at Disney-owned hotels means free, no-hassle transportation. Whereas off-site guests visiting the Magic Kingdom park remotely, take a tram and then ride a ferry or monorail.

Split up: Let older kids occasionally break off on their own — or take one child to meet the princesses while another adult escorts the rest to ride Space Mountain.

Consider a VIP tour: If time is a big issue and money isn't, hire a VIP tour guide. Prices vary by the season and can be steep, but they pick you up at your hotel and have the power to bypass lines at every (every!) ride.

*– Go to **www.fodors.com** for more expert travel tips. Fodor's. For choice travel experiences.*

GETTY IMAGES

▶ Gain more free time with Mickey Mouse with these tips.

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15-Day Hawaii Fr. $1109* pp Ocean View $1179* Balcony $1479*
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7-Day Bermuda Fr. $599* pp Ocean View $799* Balcony $1399*
10-Day Panama Fr. $649* pp Ocean View $699* Balcony $899*
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10-Day Caribbean Fr. $599* pp Ocean View $899* Balcony $999*
11-Day Australia Fr. $726* pp Ocean View $1365* Balcony $1954*
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12-Day Australia Fr. $794* pp Ocean View $1389* Balcony $1984*
12-Day Caribbean Fr. $944* pp Ocean View $1044* Balcony $1144*
800-387-6747
*Prices are pp/dbl. Cruise only on select sailings. Certain restrictions apply. Gov't taxes and fees are additional. Prices include NCF's. Prices are quoted in US dollars. All itineraries and prices are current at time of printing and are subject to change without notice. All exclusive deals are per cabin on select ships and sail dates and are not redeemable for cash. Ships' Registry: The Bahamas and Panama. CST #2015595-50 / Lowest Price Guarantee. In order to qualify for the guarantee the competitor's rate that appears in the advertising must be available for booking and be on the identical Cruise-only product. (Ship, Date, Destination, Category, etc.) The customer must meet the requirements for any rules that apply from the cruise lines in offering the rate. The guarantee does not apply to air, land components, onboard charges etc. This offer is only valid on cruise lines that are memebers of CLIA.

myletters&games

Letters

letters@metro.us

We have always been at war ...

RE: "OBAMA HATES AMERICA?": Thank you! That was just what I needed to start off the week: A good laugh. It's nice to know that we still have people creative enough to write old-fashioned Orwellian double-speak.
KARL HUFFMAN, VIA E-MAIL

I couldn't help but notice that the rich are actually writing letters to Metro these days! Lets look at Mr. Dupont, for example: He's reduced to making wild, exaggerated accusations about our president instead of helping us find solutions to this lopsided wealth issue! But that's exactly what we're going to see more of. The wealthy defending themselves by posing as normal citizens that don't agree with OWS!
VICTOR ROBINSON, VIA E-MAIL

Protesters are not legislators

RE: "DEMANDS: YES OR NO?": To those who say that the Occupy Wall Street movement should suggest improvements to the economic system, I would quote that celebrated conservative Samuel Johnson: "You may scold a carpenter who has made you a bad table, though you cannot make a table. It is not your trade to make tables."
ROBERT B. PIERCE, VIA E-MAIL

Why the bias against OWS?

RE: "HAVES, HAVE NOTS OF OCCUPY": Metro's biased coverage of Occupy is embarrassing. Any organization that attracted thousands of dollars in four weeks should be acknowledged as a mainstream movement. But Metro describes the donations as "handouts."
JAMES M. WILTON, VIA E-MAIL

About time for a third party

OWS is a sign that we need a third political party. It looks like Democrats and Republicans have the same lobbyists — so why vote?
WILLY MACHAN, VIA E-MAIL

Show respect to the people

RE: "PROTESTS LIGHTING A FIRE": Wow, Michael McGovern thinks the Occupy protesters should set themselves on fire? How can he waste all that hate by directing it toward people who are trying to make the world a better place? **JEN GORDON, VIA E-MAIL**

Self-immolation is not funny. Suggesting someone do it does not make you clever. **SCOTT KEELEY, VIA E-MAIL**

E-mail your letters: **letters@metro.us**
Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact information.

Horoscope

♏ Scorpio **Oct. 24-Nov. 22.** In order to use your imagination to visualize successful outcomes, you'll have to wipe out all pessimistic thoughts that attempt to disrupt you.

♐ Sagittarius **Nov. 23-Dec. 21.** It's OK to be a dreamer, as long as you're a realistic dreamer. Conjure up some logical steps and procedures that'll get you what you want.

♑ Capricorn **Dec. 22-Jan. 19.** When it comes to a competitive situation in which you're involved, you have two big benefits going for you. One is your persistence, and the other is the crowd rooting for you.

♒ Aquarius **Jan. 20-Feb. 19.** Use the same strategy once again that brought you a recent victory. There's no reason in the world why you can't be successful with it again.

♓ Pisces **Feb. 20-March 20.** Be a joiner, because it'll be some kind of joint endeavor that is likely to hold the greatest promise for you. Expand your efforts to include as many people as possible.

♈ Aries **March 21-April 19.** In order to make sure a partnership situation works out well, each party must be prepared to contribute to the effort. Stop worrying about how much the other is doing, and do your part.

♉ Taurus **April 20-May 20.** Your earning possibilities will be proportionate to your contribution. If you want to make more money, figure out what you can do to bring this about.

♊ Gemini **May 21-June 20.** Don't let slip any chance to further enhance a relationship that's extremely important to you. Seize with alacrity anything that can fortify what you already have going.

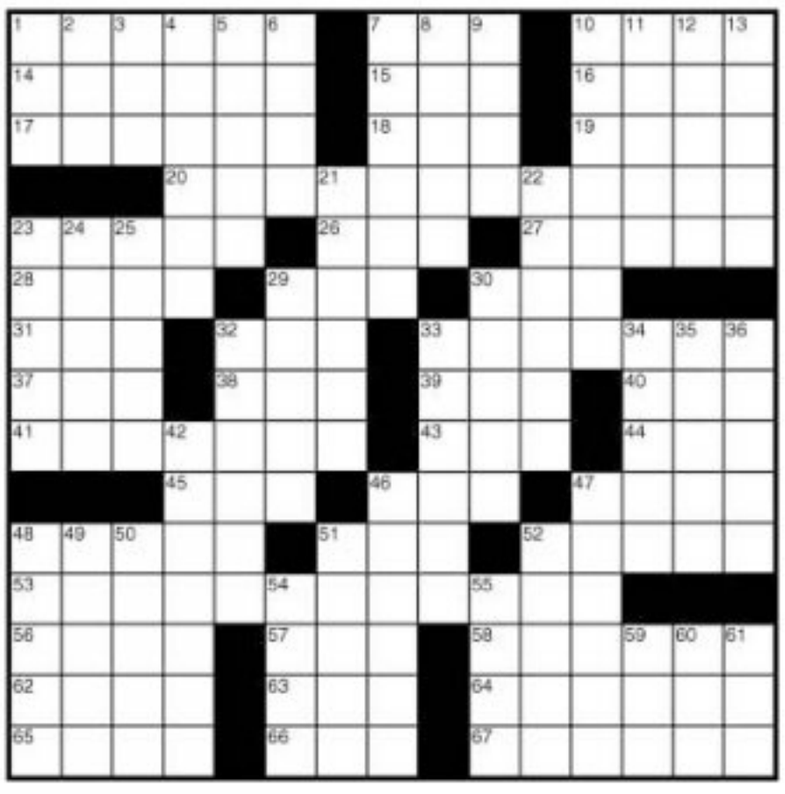
♋ Cancer **June 21-July 22.** You'll never be better equipped than you are at present to finalize a tedious project that has been a prolonged source of irritation. Get that unpleasant task out of the way once and for all.

♌ Leo **July 23-Aug. 22.** It's possible that you'll find yourself in a unique position to convey some critical information. Take advantage of what may never happen again.

♍ Virgo **Aug. 23-Sept. 22.** This may be one of those days when you won't be looking for anything special when you go shopping, but something quite unique that you'll love at first sight will find you.

♎ Libra **Sept. 23-Oct. 23.** It's important to find the right key that'll motivate others to take a close look at a project or idea you're eager to promote. Come up with a material or emotional trigger to put the posteriors in the seats. **BERNICE BEDE OSOL**

SHARE YOUR VIEWS ON THE WORLD OF NEWS, LEAVE COMMENTS, RESPOND TO OPINIONS AND MUCH MORE www.metro.us



Across
1 Make trouble
7 Chum
10 Sloping walk
14 Panacea
15 Size above med.
16 Ess molding
17 Threaten
18 Vase with a foot
19 Offers
20 Brunch choice (2 wds.)
23 River rapids
26 Visit
27 Neighborhoods
28 Has a bite
29 Lb. and oz.
30 Alt.
31 Struck a match
32 A Knute successor
33 Lawmaker
37 Barely scrape by
38 Soccer goal
39 __ kwon do
40 Blue or green
41 From Mandalay
43 Museum contents
44 LAX stat
45 911 staffer
46 Invoice no.
47 Rushed off
48 Ike beat him twice
51 Unseal, poetically
52 Take the plunge
53 NASA time (2 wds.)
56 Have a fancy meal
57 Chicken __ __ king
58 In stock
62 Joule fractions
63 That girl
64 Complained
65 Moscow turndown
66 Dirty place
67 Narrow waterway

Down
1 Not masc.
2 "Grand __ Opry"
3 Hr. part
4 Forces the payment of
5 Pigeonhole
6 Oak or sycamore
7 Positive signs
8 Think alike
9 Lantern-jawed Jay
10 Singer __ Flack
11 Limber
12 Golden Fleece princess
13 Mosquitos, to us
21 Heir's legacy
22 Fridge stick-on
23 "People" person
24 Japanese verse
25 Give verbal expression to
29 Seize forcibly
30 Muscular organ
32 Short on iron
33 Pollen-bearer
34 Not our
35 External
36 Eager and willing
42 Most like the Grinch
46 Drone's home
47 Anchor cable
48 Colonial suitor
49 Milk producer
50 Fencer's move
51 Immature raptor
52 Noted impressionist
54 Mocking laughs
55 Confers knighthood on
59 Son __ __ gun!
60 Aloha token
61 Banned bug spray

			9	6				1
	2				1		3	
		8		4		7		5
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		1	4	8	5	3		
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7		6		1		5		
	8		5				1	
3				9	2			

SUDOKU **LEVEL: EASY**

	8	7		9	4			
5	9				2			7
		6	3	7			4	
	7					1		
9				2				3
		2					5	
	5			1	3	4		
7			2				8	1
			7	5		3	2	

SUDOKU **LEVEL: HARD**

Solution to yesterday's crossword

A	C	D	C	■	R	E	S	I	N	■	J	A	M	A
J	O	U	R	■	I	R	O	N	Y	■	I	R	A	S
A	R	M	Y	■	B	O	U	N	C	E	B	A	C	K
R	E	B	U	T	■	D	R	S	■	V	I	B	E	S
■	■	■	N	A	P	E	S	■	M	E	N	■	■	■
C	R	A	C	K	E	D	■	D	U	N	G	E	O	N
L	A	D	L	E	D	■	F	I	G	S	■	T	I	E
I	D	L	E	■	A	T	O	M	S	■	M	U	L	E
M	I	I	■	A	L	E	X	■	H	E	A	D	E	D
B	O	B	S	L	E	D	■	S	O	R	T	E	R	S
■	■	■	H	I	D	■	A	T	T	I	C	■	■	■
S	P	A	R	E	■	A	B	E	■	C	H	A	F	E
T	U	N	I	N	G	F	O	R	K	■	U	N	I	T
A	R	N	E	■	S	A	U	N	A	■	P	I	C	A
G	R	O	K	■	A	R	T	S	Y	■	S	L	A	T

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

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Opinion

ANGELO CATALDI
THE VOICE OF THE PHILLY SPORTS FAN

NEW OWNERS MAKE SIXERS FUN AGAIN

Joshua Harris and Adam Aron came to town, defibrillation paddles in hand, and brought the Sixers' corpse back to life. The new owners are everything the old owners weren't: People who care and have an actual plan.

Metro does not endorse the opinions of the author, or any opinions expressed on its pages. Opposing viewpoints are welcome. Send submissions to letters@metro.us.

Even more interesting was what their debut revealed about the owners we already have: likeable Dave Montgomery, outdated Ed Snider and elitist Jeff Lurie. Billionaire businessman Harris and resorts entrepreneur Aron unwittingly said a great deal about all of those owners and, in so doing, a great deal about themselves, too.

The new management face is Aron, who grew up in Abington immersed in the world of Wilt Chamberlain, Julius Erving and the greatest public-address announcer ever, Dave Zinkoff. Aron can rattle off Zinkoff's old lines effortlessly, and he doesn't need much prodding to do it. The CEO and co-owner is one of us — a fan — with two Harvard degrees and an undefeated record in business.

The first thing Harris and Aron did upon their arrival was to slash ticket prices on almost 9,000 seats, some by 50 percent or more. If they had rented a neon billboard calling the previous owners clueless, the message wouldn't have been any clearer. Comcast and Ed Snider are gone, and so is the clueless way they ran the Sixers.

Less tangible, but just as impressive, was the way Harris and Aron took a page from Montgomery's manual and built an immediate bond with fans. They made their new ownership about the people, setting up a website *(www.newsixersowner.com)* where fans have direct contact with the bosses. They even reached out for advice from former president Pat Croce, a man who knows more about fan bonding than anyone.

In the process of their introduction, Harris and Aron showed us a quality that we undervalue in the high-stakes, cutthroat world of pro sports. They showed people skills, something the Phillies have in abundance and something the Eagles don't have at all.

Quoted

Harris and Aron made their new ownership about the people.

During separate interviews with Harris and Aron, I pinned them down on their accessibility to fans. Specifically, I asked them if they'd be as available after a five-game losing streak as they were last week. They both said they would be, but then proved it by adding that it's their responsibility to talk to fans. Meanwhile, the Eagles' bosses, Lurie and Joe Banner, remained unavailable for a seventh straight week.

Two days after that impressive debut, talks broke down in the NBA lockout. For the first time in memory, I actually gave a damn. I'm disappointed that we'll have to wait longer to see the new Sixers. Congratulations to the new guys for starting to make us care again.

*– **Angelo Cataldi** is the host of 610 WIP's Morning Show, which airs weekdays 5:30 a.m. to 10 a.m.*

Don't buy into Birds hype

GETTY IMAGES

▶ Coleman

An alarming thought occurred to me last week after reading and hearing about how the Eagles had saved their season.

The general theme after a shaky 20-13 win was the Birds would be fine, that they had survived the premature demise of their promising season.

What if the Eagles won that game not because of their newly redesigned defense but because of the dreadful performance of Rex Grossman? What if the Eagles are spending this bye week deluding themselves into thinking they're better than they really are? What if — perish the thought — Tony Romo exposes them on Sunday night?

These Eagles aren't very good at dealing with reality, but here's a dose of it: Kurt Coleman isn't going to make three interceptions in a game again; he probably won't get three more this season. The linebackers still aren't big enough or fast enough to scare anybody. The heralded corners can't tackle. Juan Castillo still has shown little evidence that he knows what he's doing.

And that's just on defense. Mike Vick is still getting hit too much, the big-play offense is not making enough big plays, the placekicker can't be trusted and Andy Reid is still the head coach.

The Eagles saved the season in Washington, you say? I doubt it. I have a really bad feeling that the only thing they actually did is prolong the agony of a lost cause.

RICARD LARMA/METRO

▶ New Sixers CEO Adam Aron is one of us — a fan.

Luck be a Phillie tonight

Ruben Amaro, Jr. did a brilliant job of building the 102-win Phillies, but now we can finally see what his team lacked the most. It's the ultimate intangible in sports: luck.

Just go back to the ninth inning of Game 2 of the World Series. The Cardinals were leading 1-0, with the top Texas hitters due up. Does that call to mind any recent moment for the Phillies? Like, say, Game 5 of the NLDS … same score, big hitters scheduled to hit?

In St. Louis, Ian Kinsler led off by blooping a base hit into left field, triggering a two-run rally that tied the series. In Philadelphia, Chase Utley crushed a ball to the base of the center-field wall, where it died in the glove of John Jay. Kinsler hit the ball 200 feet. Utley hit it 400. Kinsler won the game. Utley lost the season.

I was talking to coach Peter Laviolette after his Flyers had lost to the Capitals on four deflected goals. He said he hadn't slept much. He kept seeing the puck snake through a throng of skaters and ping-pong into the net. Three of the four goals had actually struck Flyers on their way in.

You can't coach luck, he said. And you can't general manage it. You can put together one of the best starting rotations in history, but you can't tell the ball where to land with the game — and the season — on the line.

Idle thoughts from Cataldi …

1 Change your approach. The Phillies have already made their first mistake of the offseason. They retained hitting coach Greg Gross for another year. GM Ruben Amaro and skipper Charlie Manuel both said they didn't like the approach of the hitters last season. And then Gross got rehired? It makes no sense.

2 Trade of a lifetime. When is a trade a matter of life and death? When the player is Jerome Harrison and his physical, right after the deal, turns up a brain tumor. Bravo to the Eagles' medical staff for catching the problem early, and even to Ronnie Brown for making the dumb play that saved Harrison's life.

3 Stew on this. A recent poll shows that two out of three fans want Sixers mascot Hip Hop bounced. In a city with the incomparable Phanatic, there's just no room for a far inferior mascot. Boil the water. It's time for some rabbit stew.

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Eagles back to work after bye

GETTY IMAGES

▶ Vick and the Eagles returned to practice yesterday.

◗ Peters, Cole return to practice field ◗ Graham, too ◗ Birds rested, ready to host Cowboys Sunday night

The Eagles are back to work after enjoying a much-needed bye week.

The team reported to the NovaCare Complex yesterday and participated in an informal practice. The atmosphere was more casual than usual, but three important things happened: Brandon Graham (knee) was back on the field, along with Jason Peters (hamstring) and Trent Cole (calf). The first-team offensive line included Peters, Evan Mathis, Jason Kelce, Danny Watkins and Todd Herremans.

"Everybody seemed refreshed, happy to be back, excited," quarterback Mike Vick said. "We were bouncing around out there today, and had a good practice. We're excited to be back, ready to go."

Graham, last year's No. 1 draft pick, hasn't played since tearing up his knee last December against Dallas. While he's unlikely to play this week, the Eagles want to see how far along Graham is before deciding whether to place him on injured reserve or keep him on the roster. The team has three weeks to make that decision.

"They're going to watch me this week [and] hopefully I can get out there this week," Graham said. "I'm going to push myself and do extra."

Graham said he ran about 15 plays at yesterday's practice.

"I feel good," he said. "I know that I have to get my wind up a little bit and as I play in the games it will get better."

GETTY IMAGES

▶ Peters (hamstring) is practicing again.

Bird seed

Corner of concern?
Asante Samuel might feel underappreciated right now, but he's still the starter at left cornerback.

Trick or treat
CB Nnamdi Asomugha and punter Chas Henry will pay a visit to patients at the Children's Hospital of Philadelphia today for a trick-or-treat session.

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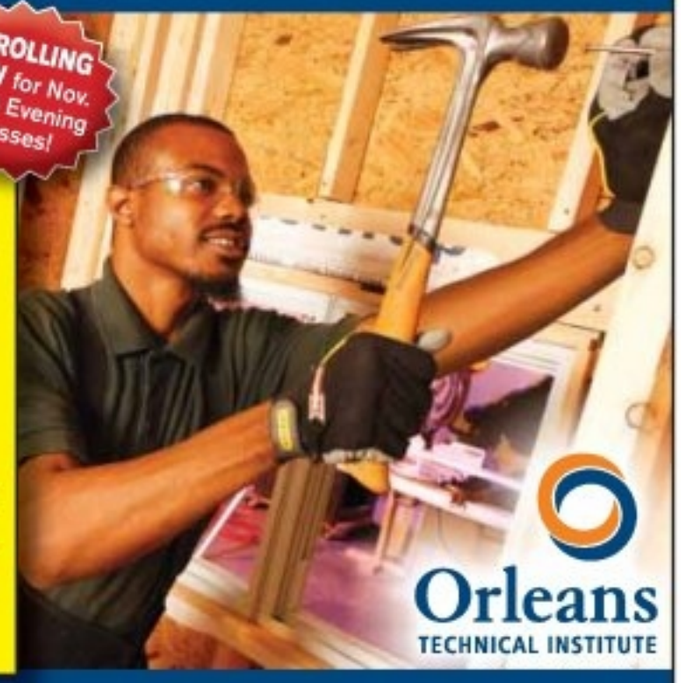

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Exciting week for Union, set for first playoff

The Union will host their first MLS Cup playoff game this weekend at PPL Park. That won't change.

The only thing that might change is the kickoff, which is tentatively scheduled for Sunday at 4 p.m. against the Houston Dynamo. However, depending on how the wild-card round shakes out, the time could move to 5 p.m.

GETTY IMAGES

▶ Nowak

"We've worked very hard all season to get to the playoffs and we are very excited for this new challenge but our job is not over yet," said Union manager Peter Nowak.

The Union will travel to Houston on Nov. 3 for the second leg of the conference semifinals. That game is tentatively slated for 8:30 p.m. Both games will be televised on ESPN2 and ESPN3.com. METRO

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Penn
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Phillies let aging arms walk, for now

- Team declines options on veterans Lidge, Oswalt
- Amaro leaves door open, says he'll keep in contact

GETTY IMAGES

▶ Oswalt

The Phillies declined the options on closer Brad Lidge and starter Roy Oswalt Monday afternoon. Both moves were expected, with Lidge due to earn $12.5 million in 2012, and Oswalt $16 million.

By not exercising their options, the Phillies paid a combined $3.5 million to buy them out. But that doesn't mean the Phillies couldn't bring them back at a hometown discount.

"While we will not pick up either of their options, we will remain in contact with representatives for both players about the possibility of bringing them back for the 2012 season," said GM Ruben Amaro, Jr. "Brad and Roy both made significant contributions to the Phillies over the past several seasons."

Lidge, 34, went 0-2 with a 1.40 ERA in 25 appearances last season. He saved 112 games, including 12-for-12 in the postseason, in four seasons here.

Oswalt, 34, went 9-10 with a 3.69 ERA last season. In 36 games (35 starts) he went 16-11 with a 2.96 for his Phils career. METRO

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